



Responsible Drinking





Media Messages



- **Messages:**
 - **Binge drinking is out of control on college campuses**
 - **Having a drink once a day promotes good health**
 - **Don't Drink and Drive**
 - **Drink in moderation**
 - **Drink responsibly**



Definitions

- **Binge (Episodic) Drinking**: having five or more drinks on a single occasion at least once in the past 30 days
- **One drink**: defined as 12 oz of regular beer, 5 oz of wine (12 percent alcohol), or 1.5 oz of 80-proof distilled spirits
- **Moderate Drinking**: (multiple definitions)
 - Defined as the consumption of up to 1 drink per day for women and up to 2 drinks per day for men
 - One drink per typical drinking occasion at least once a week, or 2-4 drinks per typical drinking occasion 2-3 times per month, or 5 or more drinks per typical drinking occasion once a month or less
- **Responsible Drinking**: Not drinking irresponsibly?



Irresponsible Drinking

Results of Irresponsible Drinking

- **DUI**
- **Vomiting**
- **Hangover**
- **Unexpected guest for breakfast**
- **Unprotected sex**
- **Possible STD**
- **Fighting**
- **Loss of control - doing stupid things**
- **Reduced work quality and performance**
- **Financial problems**
- **Injury**
- **Problems with friends and family**
- **Health related problems**
- **Spouse/child abuse**
- **Passing out**
- **Black outs**



Responsible Drinking



- **Responsible drinking habits will vary from person to person; biology, sociology, and genealogy all play a role in what is considered responsible drinking.**
- **Due to medical conditions or dependence issues some individuals must abstain from alcohol to be considered a responsible drinker.**
- **Responsible Drinking: Drinking in a way that does not adversely effect an individual's ability to fulfill their legal, moral, or social obligations nor does it negatively impact their health, job performance, or quality of life.**



Drinking Tips



- **Eat before and during drinking.**
- **Before you Celebrate... Designate. Identify a responsible driver or use public transportation.**
- **Don't chug your drinks; drink slowly and make your drinks last.**
- **Alternate between alcoholic and nonalcoholic drinks.**
- **Remember the word **HALT**, don't drink if you're **H**ungry, **A**ngry, **L**onely, or **T**ired.**
- **Do not lose control of yourself.**
- **Remember, it's ALWAYS ok NOT to drink.**
- **Avoid binge or other high risk drinking behaviors.**



Drinking Tips

- **Party Responsibly.** Have a good time and blow off steam, but don't make drinking your priority. Eat, dance, talk and play games. You should be there to have a good time; you shouldn't be there just to get drunk.
- **Plan Ahead.** Make sure you've arranged for a sober ride home **BEFORE** going out. Remember: if you don't have a designated driver, call a friend or take a cab.
- **Pace Yourself.** Limit yourself to one drink per hour or alternate between alcoholic and non-alcoholic drinks. Know your limits and stay in control of your mind and body; maintain your Warrior Pride.



Summary



- **As a commander you will have Soldiers that will drink irresponsibly and get into trouble.**
- **Commanders need to provide every Soldier the information necessary to make informed decisions about their drinking patterns.**
- **Soldiers need to take negative actions against Soldiers who get in trouble for drinking irresponsibly and refer them to the ASAP for screening and evaluation.**
- **Leaders train their Soldiers to become leaders and if the Army leaders decide to drink then they must DRINK RESPONSIBLY!**



Remember your ...



WARRIOR

Personal Courage

Respect

Integrity

Duty

Excellence